



44 Food Comparison

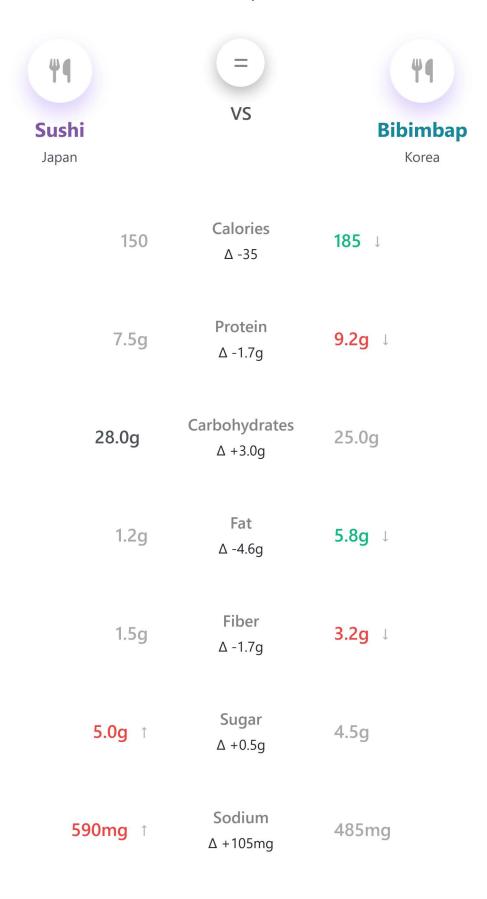
Compare nutritional values, allergens, and health benefits

Sı	Sushi		
Seco	and Food		
Ві	Bibimbap		
Servi	ing Size (g)		
10	00		

Detailed Comparison Results

Serving size: 100g

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▲ Sushi - Allergens



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- Shellfish (may contain)
- Soy (soy sauce)
- Sesame (may contain)
- ▲ Bibimbap Allergens
- Eggs
- Soy (soy sauce, gochujang)
- Sesame
- Gluten (may contain)
- Sushi Health Benefits
- High in Omega-3 fatty acids
- Good source of protein
- Contains beneficial minerals like iodine
- Bibimbap Health Benefits
- Rich in antioxidants from colorful vegetables
- Good source of complete protein
- High fiber content aids digestion

Sushi

Traditional Japanese dish featuring vinegared rice combined with fresh raw fish, seafood, or vegetables. Sushi is not just a meal but an art form, carefully crafted with precise knife work and balanced flavors.

Gluten-Free (without soy sauce)

Dairy-Free

Low Fat

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Bibimbap

Korean mixed rice bowl featuring an array of seasoned vegetables, meat, and a fried egg, served with spicy gochujang sauce. A harmonious blend of colors, textures, and flavors in one bowl.

High in Fiber

Balanced Macronutrients

Vegetarian Option Available

Print Comparison

Analyze New Food



Understanding the Comparison

- ✓ Green values indicate better nutritional content
- Red values indicate higher/concerning levels
- Gray values are neutral or similar

Making Better Choices

- ↑ Look for higher protein and fiber
- ◆ Prefer lower sugar and sodium
- Consider overall calorie content

Check Allergens

- ▲ Always review allergen information
- Onsider cross-contamination risks
- Focus on health benefits

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